

6  
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# Exchanges Made Easy Diabetic Diet Management System

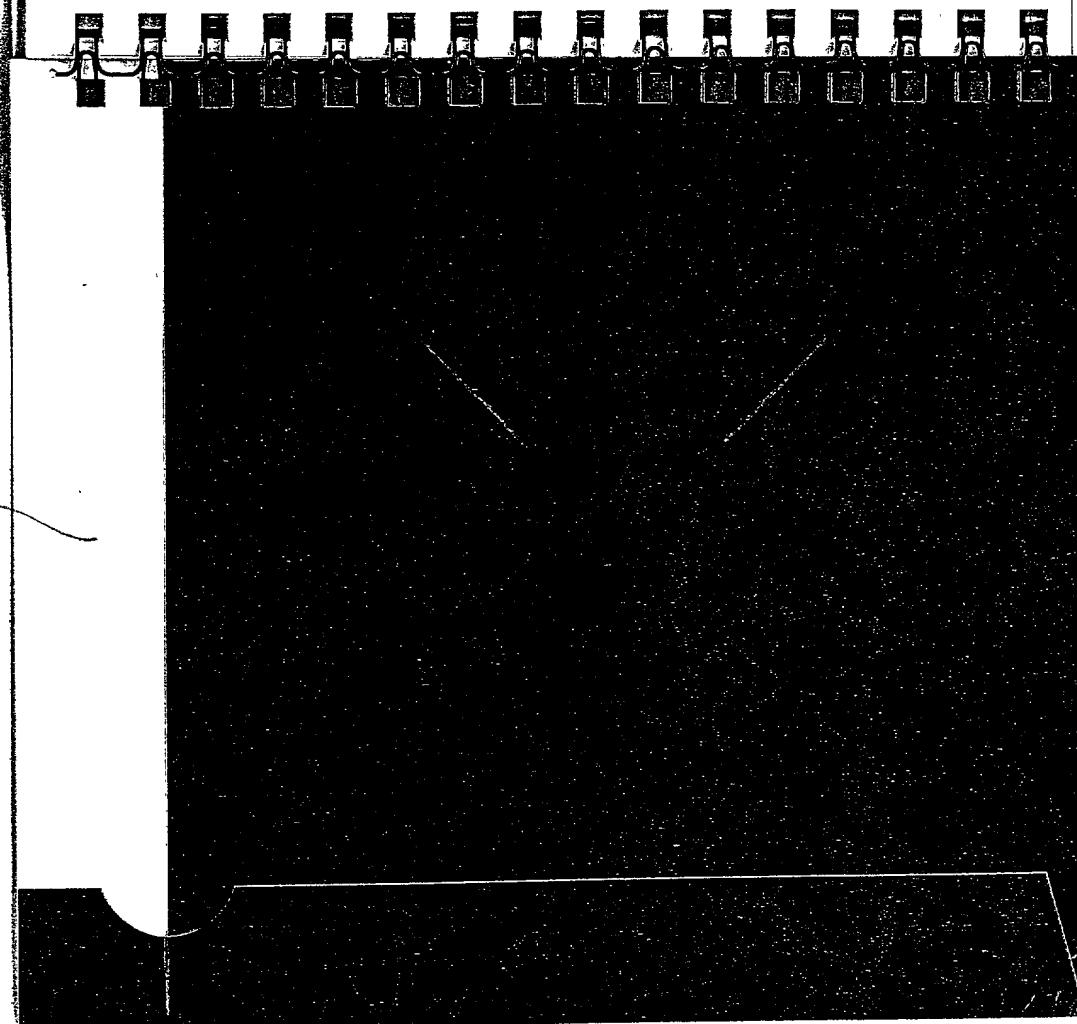


Figure 1

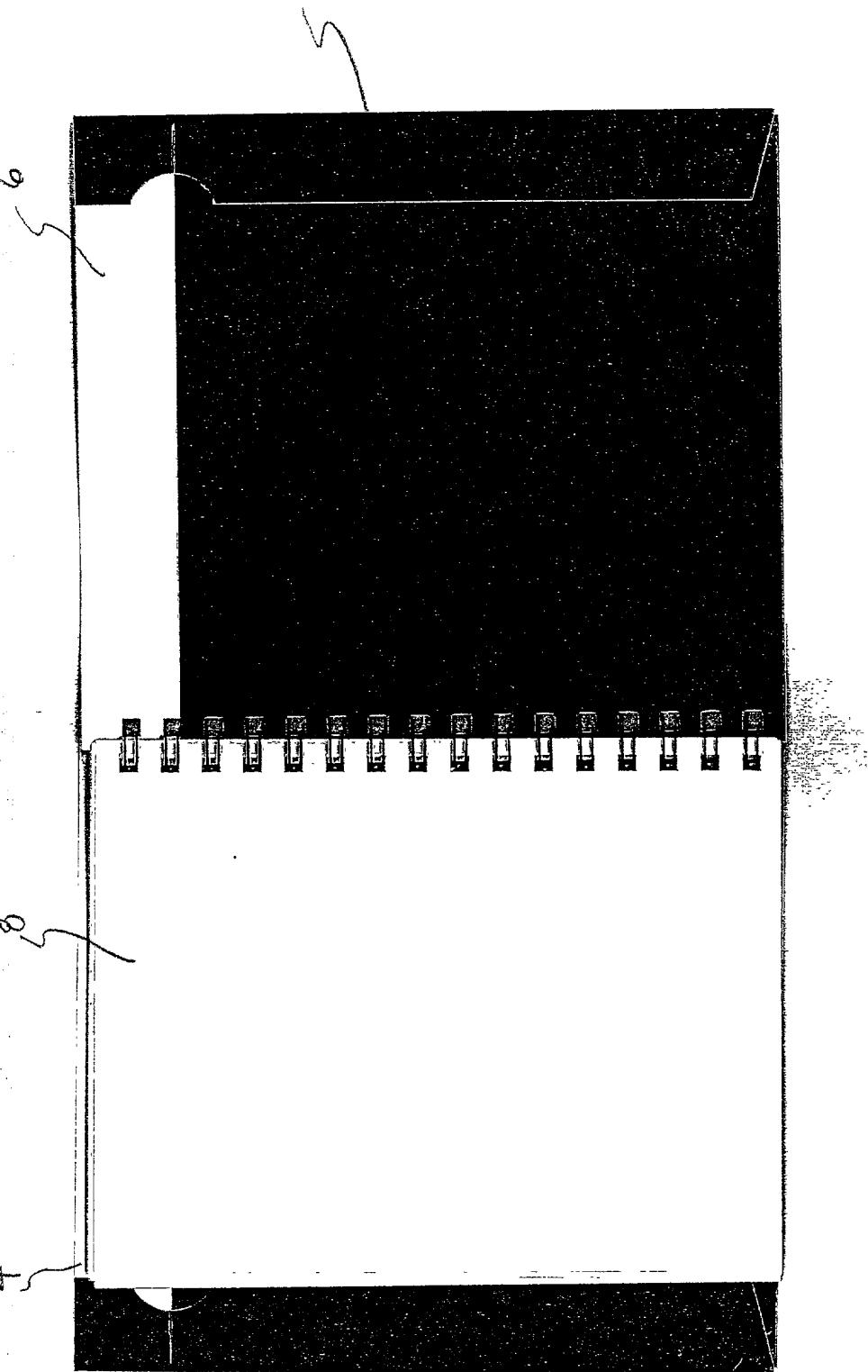


Figure 2

# Fruit

20

## FRUIT

Apple juice of Cider	1/2 cup
Apple, small	1/4 oz.
Apples, dried	4 rings
Applesauce, unsweetened	1/2 cup
Apricots, canned	1/2 cup
Apricots, fresh	8 halves
Apricots, fresh	1 whole (5 1/2 oz.)
Banana, small	1/4 oz.
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1/3 melon or 1 cup cubes
Cherries, sweet, canned	1/2 cup
Cherries, sweet, fresh	1/2 (3 oz.)
Cranberry juice cocktail	1/3 cup
Dates	3
Fruit cocktail	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Grapefruit, large	1/2
Grapes, small	17 (3 oz.)
Honeydew melon	16 oz. slice or 1 cup cubes

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Kiwi	1 (3 1/2 oz.)
Mandarin oranges, canned	3/4 cup
Nectarine, small	(5 oz.)
Orange juice	1/2 cup
Orange, small	1/2 (6 1/2 oz.)
Peach, medium, fresh	1 (6 oz.)
Peaches, canned	1/2 cup
Pear, large, fresh	1/2 (4 oz.)
Pears, canned	1/2 cup
Pineapple juice	1/2 cup
Pineapple, canned	1/2 cup
Pineapple, fresh	1/2 (3 oz.)
Plums, small	3/4 cup
Prune juice	1/3 cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	1/2
Watermelon	1 3 oz slice or 1 1/4 cup cubes

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Figure 3

Figure 4

## MILK

Buttermilk, nonfat or low-fat	1 cup
Milk, $\frac{1}{2}$ %	1 cup
Milk, 1%	1 cup
Milk, 2%	1 cup
Milk, evaporated skim	1/2 cup
Milk, evaporated whole	1/2 cup
Milk, goat's	1 cup
Milk, nonfat dry	1/3 cup dry
Milk, skim	1 cup
Milk, sweet acidophilus	1 cup
Milk, whole	1 cup
Yogurt, nonfat or low-fat fruit-flavored, sweetened with artificial sweetener	1 cup
Yogurt, nonfat plain	3/4 cup
Yogurt, plain low-fat	3/4 cup

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Figure 5

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30

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## SEARCH

Animal crackers	8	1/2 cup
Bagel	1/2 (1 oz)	1/2 cup
Baked beans	1/3 cup	1/2 cup
Bean, dried, cooked	1/2 cup	1/2 cup
Biscuit 2 1/2 diameter	1	3 cups
Bread sticks, crisp [4]	2 (2/3 oz)	1 small (3 oz)
Broad reduced calorie	2 slices (1/2 oz)	1/2
Bread	slice (1 oz)	1/2
Bun, hot dog or hamburger	1/2 cup	1/2
Cereals, unsweetened, ready to eat	1/2 cup	1/2 cup
Corn on the cob, medium ear	1 (5 oz)	1 cup
Corn	1/2 cup	1 cup
Connell, dry	3 Tbsp	6
English muffin	1/2	1/2
Flour, dry	3 Tbsp	1/2 cup
Graham crackers 2 1/2 square	3	1/2 cup
Grits, cooked	1/2 cup	1/2 cup
Melba toast	4 slices	1/2 cup
Oats, cooked	1/2 cup	1/2 cup
Oyster crackers	24	1/2 cup
Pancake 4 diameter	1	1/2 cup
Pasta, cooked	1/2 cup	1/2 cup

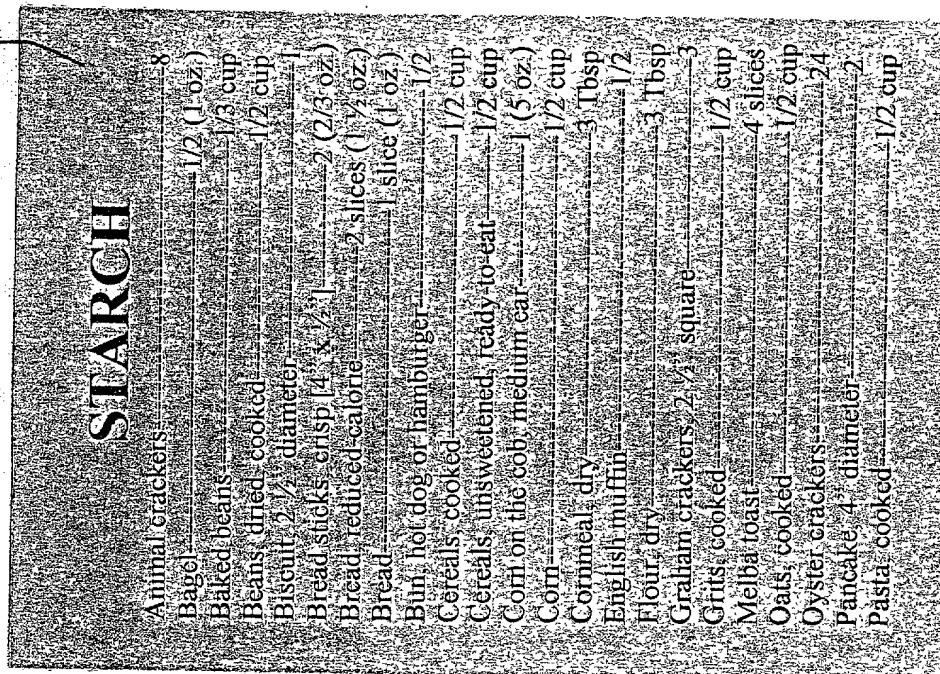


Figure 6

Figure 7

## VEGETABLE

\*Serving sizes are:

½ cup of cooked vegetables  
½ cup vegetable juice

1 cup raw vegetables

Artichoke hearts

Asparagus

Bean sprouts

Beans (green, wax, Italian)

Beets

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Green onions

Greens (collard, kale, mustard, turnip)

Kohlrabi

Leeks

Mixed vegetables (without corn, peas)

Mushrooms

Okra

Onions

Pea pods

Peppers (all varieties)

Radishes

Salad greens (endive, lettuce, romaine)

Sauerkraut

Scallions

Spinach

Summer squash

Tomatoes, fresh, canned, sauce, paste

Turnips

Water chestnuts

Watercress

Zucchini

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Figure 8

Figure 9

## FAT

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## FAT

Avocado, medium	1/8 (1 oz)
Bacon, cooked	1 slice (20 slices/lb.)
Bacon, grease	1 tsp
Butter, reduced-fat	1 Tbsp
Butter, stick	1 tsp
Butter, whipped	2 tsp
Coconut, sweetened, shredded	2 Tbsp
Cream cheese, reduced fat	2 Tbsp (1/2 oz)
Cream cheese, regular	1 Tbsp (1/2 oz)
Cream	2 Tbsp
Half and Half	2 Tbsp
Lard	1 tsp
Margarine, 30% to 50% vegetable oil	1 Tbsp
Margarine, stick, tub or squeeze	1 tsp
Mayonnaise, reduced-fat	1 Tbsp
Mayonnaise, regular	1 tsp
Nuts, almonds, cashews	6 nuts
Nuts, walnuts, English	4 halves
Oil, canola, corn, safflower, soybean, olive, or peanut	1 tsp
Olives, green, stuffed	10 large
Olives, ripe (black)	8 large

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Peanut butter, smooth or crunchy	2 tsp
Peanuts, dry roasted	10 nuts
Pecans	4 halves
Salad dressing, reduced-fat	2 Tbsp
Salad dressing, regular	1 Tbsp
Seeds, pumpkin, sunflower	1 Tbsp
Sesame seeds	1 Tbsp
Shortening	1 tsp
Sour cream, reduced-fat	3 Tbsp
Sour cream, regular	2 Tbsp

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Figure 10

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Figure 11

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## MEAT & MEAT SUBSTITUTES

Beef (canned beef, ground, organ meats, roast, short ribs, steak, tenderloin, lean trimmings)	1 oz
Cheese	1 oz
Chicken, white or dark meat	1 oz
Comish hen, no skin	1 oz
Cottage cheese, nonfat or low-fat	1/4 cup
Egg substitutes, plain	1/4 cup
Egg whites	2
Egg, whole	1
Fish (cod, flounder, haddock, halibut, trout), fresh or frozen	1 oz
Ganine (duck, goose, pheasant, venison, buffalo, ostrich, rabbit)	1 oz
Herring (uncreamed or smoked)	1 oz
Hot dogs	1 oz
Lamb (roast, chop, leg)	1 oz
Luncheon/Deli meats	1 oz
Oysters	6 medium

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Pork (chop, aufile, ground, ham, organ meats, roast, steak, spareribs, tenderloin) (lean)	1 oz
Sardines (canned)	2 medium
Sausage (bratwurst, Italian, knockwurst, Polish smoked)	1 oz
Sausage, 1 gram fat/oz or lower	1 oz
Shellfish (clams, crab, lobster, scallops)	1 oz
Shrimp, imitation shellfish	1 oz
Soy milk	1 cup
Tofu	1/2 cup
Tuna, fresh or canned (drained)	1 oz
Turkey, white meat, no skin	1 oz

\* Limit high-fat meats (e.g. pork spareribs, ground pork, all sausages, or other meats with 8 grams fat/oz or more) and high-fat cheeses (e.g. American, cheddar, Monterey Jack, Swiss) to 3 servings per week or less.

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Figure 12

Figure 13

**FIGURE 14**

FRENCH FONDUE	
<i>Used in 2 sizes</i>	
Bouillon broth	1/2 cup
Candy or Minis sugar cube	1/2 cup
Catsup	1/2 cup
Cheese	1/2 cup
Cheese, powdered, non-wheyed	1/2 cup
Coffee	1/2 cup
Cream cheese, fat free	1 lbs
Creamy mustard, French	1/2 cup
Creamiest, French	1/2 cup
Dilmah tea, sweetened	1/2 cup
Fervent Exfoliant	1/2 cup
Gelatin sugar cubes, for drink	1/2 cup
Gum, chewing	1/2 cup
Honeydew	1/2 cup
Horseradish	1/2 cup
Hot pepper sauce	1/2 cup
Lemon or lime juice	1/2 cup
Margarine butter	1/2 cup

Figure 14

**FIGURE 15**

FRENCH FONDUE	
<i>Used in 2 sizes</i>	
Mayonnaise, reduced fat	1/2 cup
Menchikuse, French	1/2 cup
Menzikuse, reduced fat	1/2 cup
Mustard	1/2 cup
Norwich cooking spray	1/2 cup
Pickles oil	1/2 cup
Salted dressing, fat free, Italian	1/2 cup
Select dressing, fat free	1/2 cup
Salsa	1/2 cup
Sof' drink, sugar free	1/2 cup
Sour cream, fat free	1/2 cup
Soy sauce	1/2 cup
Slices of ham, fresh or dried	1/2 cup
Sugar substitutes	1/2 cup
Syrup, apple juice	1/2 cup
Taco sauce	1/2 cup
Tea	1/2 cup
Tonic water, sugar-free	1/2 cup
Whipped topping, regular or light	2 cups
White, Oscar, cooking	1/2 cup
Worcestershire sauce	1/2 cup
Yellow mustard	1/2 cup

Figure 15

### DAILY INSTRUCTIONS

1. Begin (day) with all of your exchanges in your diet plan sheet.
2. A fiber-rich meal plan will be followed.
3. Now, many of your exchanges were constructed from those foods in the basic food group.
4. Remember that each exchange of the exchanges equals the like amount of carbohydrate or high fiber.
5. Eight exchanges are recommended.
6. Choose your food items.
7. Never combine two or more different exchanges.
8. Combination exchanges may consist of one item or two items.
9. Follow your health care provider's instructions for the use of dietary supplement, liquid diets and other procedures.

### Number of Exchanges For Each Calorie Diets

Exchanges	1200	1500	1800	2000	2200
Starch	4	6	8	9	11
Meat**	5	5	5	6	6
Vegetable	3	3	4	5	5
Fruit	3	3	4	4	4
Milk	2	3	3	3	3
Fat*	4	5	6	7	8

\*Based on a diet supplying approximately 30% of the calories as fats.

\*\*Based on lean and medium-lean meats or meat substitutes.

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Figure 16

Figure 17

## Sample Menu For an 1800 Calorie Diet

		Fruit	1 exch	Fat	2 exch	#	
		Milk	1 exch	Meat	1 exch		number of inches
		Starch	2 exch				
<u>Morning Snack</u>						e.g.	for example
Fruit	1 exch					exch	exchange
<u>Lunch</u>							
Fruit	1 exch	Fat	1 exch			lb	pound (16 ounces)
Milk	1 exch	Meat	2 exch				
Starch	2 exch	Vegetable	2 exch			oz	ounce
<u>Afternoon Snack</u>							
Starch	1 exch					Tbsp	tablespoon
<u>Supper</u>						tsp	teaspoon
Fruit	1 exch	Fat	2 exch				
Milk	1 exch	Meat	2 exch				
Starch	2 exch	Vegetable	2 exch				
<u>Evening Snack</u>							
Starch	1 exch	Fat	1 exch				

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## Abbreviations

#	number
#"	number of inches
exch	e.g.
exch	exchange
lb	pound (16 ounces)
oz	ounce
Tbsp	tablespoon
tsp	teaspoon

Figure 18

Figure 19

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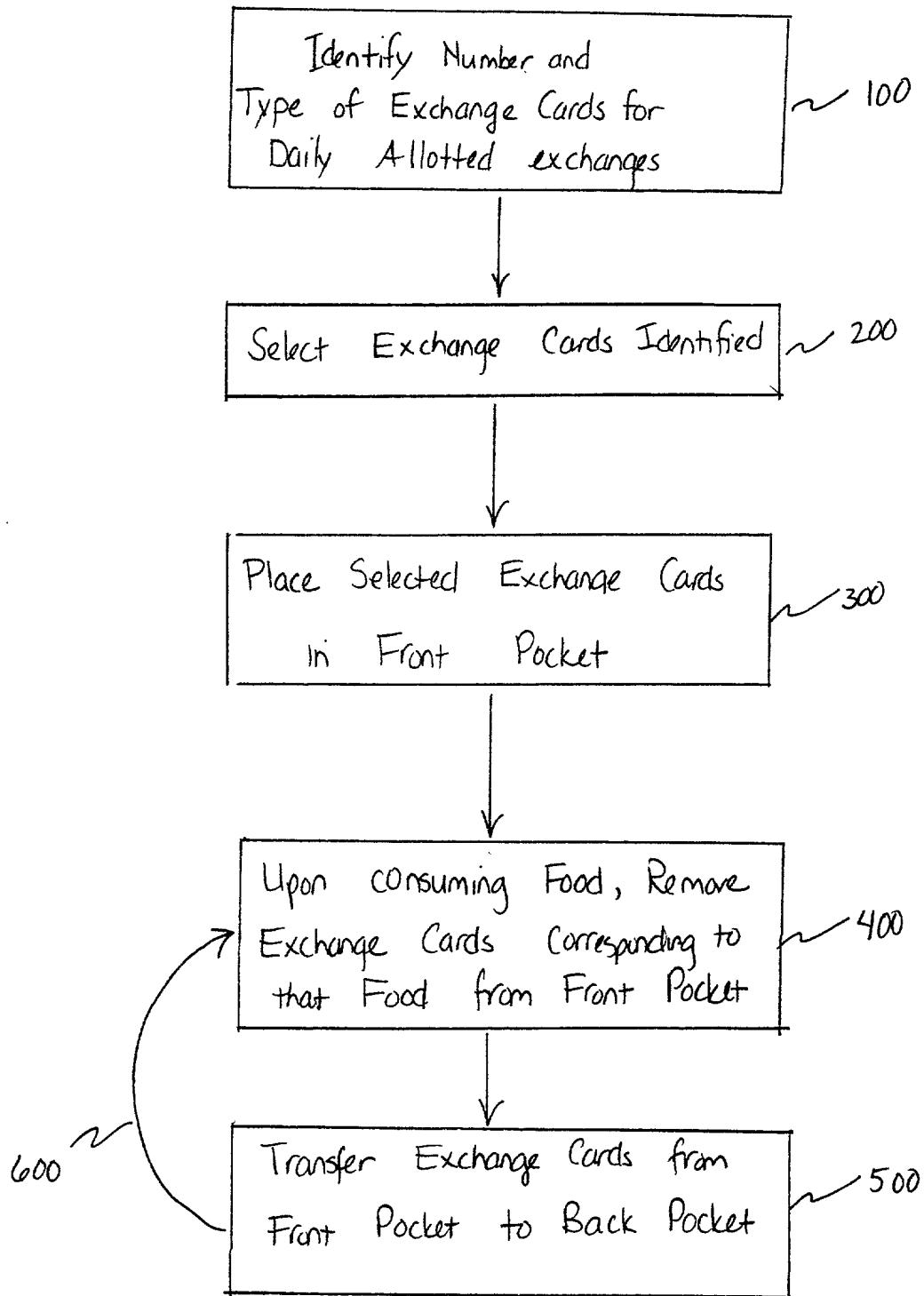


Figure 20